



In This Issue

Articles

Kids And Digestive Problems....1

Regular Features

March's Product Review
Turtle Mountain New Products..2

Events

Support Group At IBS Treatment
Center.....3

Upcoming GIG Events..... 3

Announcements

Dr. Wangen's Scheduled
Presentations.....4

Kids and Digestive Problems

Yes, we do treat children and infants at the IBS Treatment Center. However, children are not usually given the label of having irritable bowel syndrome. Of course, children can suffer from constipation, diarrhea, abdominal pain, gas, or any combination of the four. But for some reason doctors don't use the words IBS, and often don't seem to think that children suffer as much as adults.

At the IBS Treatment Center we've found that children's digestive problems are very similar to those of adults, and that the causes are generally identical. Digestive problems often get worse as you get older, so more attention is given to adults. But that doesn't mean that infants and children can't suffer tremendous discomfort and disruption from their upset tummy. It really isn't normal to have these problems, at any age.

Infants have only two ways of demonstrating their maldigestion. You either see it, or you hear it. Colic and reflux are two of the most underappreciated and misunderstood problems in infants. A healthy baby is generally a happy baby. They cry when they are hungry, or lonely, or need a diaper change. But they shouldn't be inconsolable.

If you have a colicky baby, then there is a logical reason. Often this is an expression of inflammation in the digestive tract or a painful buildup of gas due to poor digestion. These two problems are most commonly caused by food allergies and bacterial imbalances. Even if a baby is only breastfeeding it can be experiencing a food allergy via mom's milk. This is a known medical fact, though many doctors are unaware of it.

Reflux is an obvious problem with digestion, as is constipation and diarrhea. The first two are very noticeable. Infants should be having multiple bowel movements a day. If they aren't, then they are constipated. But it can be difficult to tell if they have diarrhea since their stools are already very soft. If you can't tell, then ask an experienced mom.

continued Pg. 2

The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome. March 2009 Issue. Newsletter Published Monthly.

To subscribe to this newsletter, send email to Info@IBSTreatmentCenter.com with "IBS Newsletter" as the subject. To unsubscribe, send email to the same address with "Unsubscribe to the IBS Newsletter" as the subject. The IBS Treatment Center: 1229 Madison St, Suite 1220 Seattle, WA 98104 (206)264-1111 www.IBSTreatmentCenter.com ©2008 Innate Health Services, LLC

Treating any of these problems with drugs is generally ignoring the cause of the problem. With the proper workup most babies feel much better and will have solved a problem that will benefit them for life.

The same is true for children. Children suffer from the same kinds of digestive problems as adults, but they often get treated as if they are different. Fewer drugs are used, and health care providers often downplay the significance of the problem. Children may be given a diagnosis of IBS, but generally the diagnosis is kept to constipation, diarrhea, or reflux. Other words are also sometimes used, such as encopresis, or even nervous stomach.

However, children are just as susceptible as adults to food allergies and imbalances in the ecosystem of the digestive tract. These are tested for and treated in children exactly as they are in adults. The physiology is the same, only the size is different. For more information on exactly how we assess and treat digestive problems please visit our website at www.IBSTreatmentCenter.com.

Regular Features

March's Product Review

Turtle Mountain New Products



The *mission* of Turtle Mountain is “*to be a world class provider of natural dairy-free food products.*”

Recently the IBS Treatment Center and the Gluten Intolerant Support Group was fortunate to be test tasters of two new products of Turtle Mountain dairy-free products, So Delicious Coconut Milk Beverage and So Delicious Coconut Milk Yogurt. The testing of these products was favorable.

The So Delicious Coconut Milk Beverage comes in Original, Vanilla and Unsweetened. Both the Vanilla and Original flavor were good. The So Delicious Coconut Milk Yogurt comes in 9 flavors. A majority of tasters loved the Passionate Mango.

The healthy attributes of the coconut milk and the coconut milk yogurt reflect the mission of Turtle Mountain. Both products are: Dairy Free/ Lactose Free, Soy Free, Gluten Free, Rich in Medium Chain Fatty Acids, Excellent Source of Vitamin B12, Cholesterol Free, No Trans Fat and Certified Vegan.

Find your closest grocer on the website: <http://www.turtlemountain.com>

Events

Support Group At IBS Treatment Center

The IBS Treatment Center hosts a support group, open to the public usually on the first Tuesday of every month from 6:30-7:45PM.

Meet other people with IBS, food allergies, and/or gluten intolerance at these fun and educational events.

Dr. Wangen attends most meetings. For more information, please call 206-264-1111.

The Next Meeting is on **April 7, 2009 from 6:30 to 7:45 PM**. Julie Starkel, MS, MBA, RD will be our special guest. She will speak about how she helps people make practical choices, find alternatives, and otherwise do the nitty gritty things they need to do to change their diet. In her practice she focuses on IBS and digestion issues as well as autoimmune disorders, food allergies, weight issues, and sports nutrition. As a partner in Greenlake Nutrition Ms. Starkel helps people make the real changes they need to reach their goals. Come hear some practical advice on getting the nutrition you need!

Location: IBS Treatment Center, 1229 Madison St. Suite 1220, Seattle, WA 98104

Phone: 206-264-1111 View driving directions at <http://maps.google.com/maps?f=q&hl=en&q=1229+Madison+St.,+Seattle+WA&ll=47.614611,-122.323666&spn=0.026442,0.083256&om=1>

Upcoming GIG Events

You might want to mark your calendar for these special events.

GIG, the Gluten Intolerance Group of North America, is conducting a national awareness campaign for gluten-free living through the restaurants that support persons living with gluten intolerances. Since May is Celiac Awareness Month, GIG is working with participating restaurants to serve a gluten-free meal on **Sunday, May 3, 2009**. Keep posted for an update on restaurants that will be participating in the “**Chef to Plate – Celebrating Restaurants Serving Up Gluten-Free Awareness**” or contact your local GIG to find out which restaurants will be participating in your area.

June 5th and 6th 2009 is the 2009 GIG Annual Education Conference to be held at the SeaTac Marriott in Seattle, WA. Check the website <http://www.gluten.net> for details.

Announcements

Dr. Wangen's Scheduled Presentations

Dr. Wangen and other representatives of the IBS Treatment Center give talks, present at Health Fairs, and etc. If you would like Dr. Wangen or a representative of the IBS Treatment Center to speak to your organization please contact us via email (at info@ibstreatmentcenter.com) or by phone at 206-264-1111.

Upcoming Appearances

March 28, 2009 at 3:30-4:00 PM

Dr. Wangen will speak on "***Curing IBS***" at the Northwest Women's Show on the GoodLife Stage.
<http://www.nwwomensshow.com/>

March 29, 2009 at 2:30-3:00 PM

Dr. Wangen will speak on "***Healthier Without Wheat***" at the Northwest Women's Show on the GoodLife Stage. <http://www.nwwomensshow.com/>

Thursday, April 9, 2009 at 7:00 PM

Dr. Wangen will present his new book, "***Healthier Without Wheat***" at Third Place Books, 17171 Bothell Way NE in Lake Forest Park. *Everyone is welcome to attend.*

Wednesday, April 15, 2009 at 6:00 PM

Dr. Wangen will discuss his book, "***Healthier Without Wheat***" at the Seattle Public Library downtown, 1000 4th Ave., Seattle. *Everyone is welcome to attend.*

Thursday, April 16, 2009

Dr. Wangen speaks to the *Bellingham GIG* (Gluten Intolerance Group) at St. Luke's Community Health Education Center at 3333 Squalicum Pkwy Bellingham, WA 98226.

Thursday, April 23, 2009; Noon to 1:30 PM

Dr. Wangen will speak at *Bastyr University* in the Bookstore auditorium. Directions to Bastyr can be found here.

<http://www.bastyr.edu/about/map.asp>

Thursday, July 30th, 2009

Dr. Wangen will speak in San Antonio, Texas at the *Alamo Celiac Gluten Intolerant Group*. Visit them at <http://www.AlamoCeliac.org>

Saturday August 1st, 2009 at 10 am

Dr. Wangen is speaking in Fort Worth to the *North Texas Gluten Intolerant Group*. Please check out their website <http://www.NorthTexasGig.com>